



## Featured Editorial by Carol Rempp

# Excellence is the Standard for Distinguished Student's Day

Tired of seeing too many boys' boxer shorts because pants are sagging so low? Wish the girls would cover up a bit more of their shoulders and other upper body parts? How about taking the lead from Omaha Public School's Northwest High Magnet School and implement your own Distinguished Student's Day?

Northwest has developed a Gentlemen's Code and Lady's Law. The idea is to create a culture of distinction throughout the school. Every Thursday will be Distinguished Student's Day. School wide students and staff are encouraged to dress for success. By creating a culture of distinction and following the Gentlemen's Code and Lady's Law students will feel better about themselves, their capabilities and their future. Students are being taught how to be respectful of each other. Being a Gentlemen or a Lady means:

### Gentlemen's Code

WE LEAD BY EXAMPLE  
 WE DRESS FOR SUCCESS  
 WE ARE POLITE TO WOMEN  
 WE ARE RESPECTFUL TO ALL  
 WE USE APPROPRIATE LANGUAGE  
 WE ARE HUMBLE  
 WE ARE CHIVALROUS  
 WE SEEK TO GAIN KNOWLEDGE  
 WE WALK WITH OUR HEADS HELD HIGH  
 WE STRIVE FOR SUCCESS  
 WE WILL BE GREAT

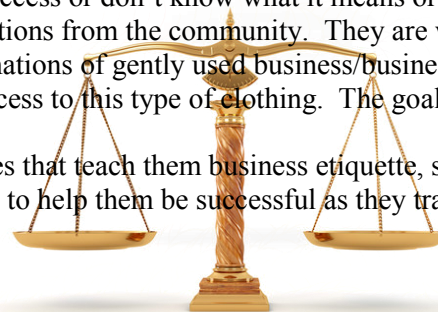
### Lady's Law

WE CARRY OURSELVES WITH GRACE & POISE  
 WE DRESS WITH CLASS  
 WE ARE INDEPENDENT  
 WE ASPIRE TO BE CAREER WOMEN  
 WE HAVE IMPECCABLE MANNERS  
 WE USE TASTEFUL LANGUAGE  
 WE WORK HARD  
 WE RESPECT OURSELVES AS WELL AS OTHERS  
 WE HAVE HIGH MORAL CHARACTER  
 WE STAY AWAY FROM GOSSIP  
 WE ARE NOT EASILY DISTRACTED  
 WE WILL ACCOMPLISH OUR DREAMS  
 BEING A WOMAN DOES NOT AUTOMATICALLY  
 MAKE ME A LADY

But what about the students who can't afford to dress for success or don't know what it means or looks like? Another component of Northwest's program is to solicit donations from the community. They are working in partnership with Communities In Schools of Omaha to generate donations of gently used business/business casual attire to be distributed to students who otherwise would not have access to this type of clothing. The goal is to provide every student with at least one article of business attire.

Students will also have the opportunity to take part in classes that teach them business etiquette, style shows that demonstrate appropriate business attire, and other events to help them be successful as they transition from being teenagers to our future community leaders.

I'm excited to see the success of this program!



**Students At Risk Spotlight**

## Native American Teens Are the Highest



A recent study by the Archives of General Psychiatry of 73,000 teens ages 12-17 across all cultural lines, showed Native American teens (47.5%) rated the highest in substance abuse and disorders as a result of substance abuse. Asian and African

American teens rates among the lowest.

In short the listed alcohol, marijuana or hash, cocaine or crack, hallucinogens, heroin, prescription opioids or pain killers, stimulants, and sedatives. Within the past year, 37% admitted to abuse of drugs and/or alcohol. Marijuana the lead drug of choice second to alcohol.

Disorder functions included school work interference, lack of social skills, lack of employment seeking skills and on the outlook for finding additional

substances.

The Partnership at DrugFree.org says that half of all teens are smoking, using drugs, drinking or using a combination of substances. Of these, one third are fall within the medical criteria for addiction.

CASA's new study states, "American culture is also a major contributor." Children under 18 that reside in a home with smoking, excessive drinking and abuse of prescription medications are 46% more like to also be abusers of drugs.

### Newsletter Addresses alcohol and Drug abuse in Indian Country.

The Substance Abuse and Mental Health Services Administration (SAMHSA), in collaboration with the Office of Justice Programs and other organizations, has released the first issue of its new quarterly newsletter, [Prevention and Recovery](http://www.samhsa.gov/tloa/docs/newsletter/pq-v1-122111.pdf). This publication highlights successful practices and stories related to alcohol and drug abuse in Indian Country.

The newsletter is free online. <http://www.samhsa.gov/tloa/docs/newsletter/pq-v1-122111.pdf>.

Individuals may submit stories, comments, articles and questions or suggestions to Gloria Mora at [Gloria.Mora@bia.gov](mailto:Gloria.Mora@bia.gov) or Juanita Keesing at [Juanita.Keesing@bie.edu](mailto:Juanita.Keesing@bie.edu).

## Education Today

# Little Rock 9

## History of Segregation

A nationwide educational crisis in 1957! African Americans in a white school in Little Rock Arkansas.

Little Rock School Board wrote and adopted a plan in 1955 to desegregate schools by 1957. As the "selected" nine approached Central High School they were turned away. The Gov. Faubus was ordered to remove his guardsmen from the front of the school.

September 23, nine black students entered Central High to receive an education. Angry mobs again met the students again and after two hour the police took them home.

President Dwight E. Eisenhower was disgraced by these events and called out 1,200 U.S. Army 101st airborne to be federal escorts for the Little Rock Nine.

After the first year, voters closed all four of Little Rock's high school to prevent additional desegregation efforts.

In 2007, a monument was erected on the grounds of the Arkansas State Capitol to celebrate the Little Rock 9.



## A TEACHING TOLERANCE ARTICLE TEEN DATING ABUSE IS IT YOUR STUDENT?

Almost one-third of teen relationships involve abuse. Teachers are often the only adults in a position to recognize that abuse and do something about it. This article, "[Possession Obsession](#)," also provides an [online portfolio](#) with tips on how to recognize controlling behavior and help student victims. After you've read the story and portfolio, join the online conversation by commenting on them. We'd like to know about your experiences with teens. Read more at <http://www.tolerance.org/magazine/number-41-spring-2012/possession-obsession>

## A TEACHING TOLERANCE ARTICLE KEEP SCHOOL RIVALRIES RESPECTFUL

The intense energy generated by a sports rivalry can cause some very bad behavior among both fans and players. The secret is to re-direct that energy, making athletic events enjoyable for everyone. Our article "[Out of Bounds](#)" in the current issue of *Teaching Tolerance* magazine shows you how. <http://www.tolerance.org/magazine/number-41-spring-2012/out-bounds>

## A TEACHING TOLERANCE ARTICLE WE EXPLORE POVERTY

Over the next few weeks, Teaching Tolerance bloggers will talk about what poverty means in their daily work. Join the discussion with [J. Mark Coleman](#) and [Carrie Craven](#). As Craven observed of her students, "While we were struggling to prepare them for our reality, these boys were living in a totally different one: a reality where young folks around them made lots of money with drugs and violence. It's amazing they complied with school as much as they did." Read more at <http://www.tolerance.org/blog/poverty-no-laughing-matter>

## A TEACHING TOLERANCE ARTICLE HOW FAR ARE YOU? FIND OUT WITH OUR TEACHER PERCEPTION TOOL

Life experiences and personal biases all contribute to how we perceive others. But does that perception influence our expectations about students? The [Teacher Perception Tool](#) is a survey containing scenarios that get you thinking about perception and influence. Registration is required. Once you've completed the survey, we offer further resources and research. This tool can help you create a more equitable school environment. <http://www.tolerance.org/teacher-perception>



You won't want to miss this! Now, each new issue of the journal *Reclaiming Children and Youth* includes a section of discussion questions for professional development, staff training or personal reflection. *Reclaiming Children and Youth* is the best way to keep up to date on the latest information and best practices in the field. Each quarter, articles based on the Circle of Courage® philosophy are presented to inform and encourage anyone who works with troubled youth. TalkingPoints will help you evaluate what works and what can be improved in your setting. Your entire staff will be on the same page, working toward the same goals to reclaim even our most troubled youth.

We are making it easy to apply what has been learned and get everyone involved. Take a sneak peek at our [TalkingPoints!](#) <http://www.reclaiming.com/content/node/225>





## Ten Tips to Keep Families Fit in 2012 from the Alliance for a Healthier Generation

Helping families get and stay healthy isn't always easy. It's tough to get away from the television and computer screens and find places to get active together. The start of the new year is the perfect time to make a plan! Here are ten tips from the Alliance for a Healthier Generation to help your communities' families get active in 2012.

1. **Walk the Walk:** Eat dinner as a family, and then go for a walk together. If the weather isn't cooperating take the family for a brisk walk around the nearest mall.

2. **Game of the Week:** Spend a Saturday or Sunday afternoon visiting an indoor or outdoor pool, skating rink or basketball court at a local gym, school, or community center.

3. **Break it Up:** You don't have to do it all at once. Look for opportunities to get moderate and vigorous activity for 10 or 15 minutes several times throughout the day.



4. **Form a Team:** Sign up for a family fun run, fun walk or car wash.

5. **Pre-Screening:** Have kids pick their favorite shows each week. Turn on the TV just for those shows, and then turn it off afterwards.

6. **Sign Up:** Buy a family membership at the neighborhood recreation center, YMCA or health club.

7. **Ask for a Lesson:** Sign the family up for dancing, gymnastics, martial arts, fencing or swimming lessons—anything that will get the family excited about staying active.

8. **Tackle Chores:** Do housework or yard work together.

9. **Unglue Yourself:** Kids won't like cutting back on screen time if they see parents as the family couch potato. The best way to influence their behavior is to set a good example.

**It's a Family Affair.** Talk about how EVERYONE in the family is going to work together to get healthier. Children should not be the only ones making changes.



SEE IF YOU QUALIFY FOR  
**EDUCATOR LOAN FORGIVENESS**  
 FOR THOSE WHO MADE A COMMITMENT OF SERVICE

Public Service Loan Forgiveness cancels the balance of a borrower's federal student loan debt after they have served full time in a public service role for at least 10 years, while making on-time qualifying loan payments each month.

The new materials from ED include an employment certification form that allows borrowers to keep track of eligible employment and payments. This form will help those borrowers who have made a service commitment to this country while honoring their responsibility to repay their federal student loans and allow them to more easily receive loan forgiveness when they are able. In addition, these new materials will allow borrowers to find out now if their job and loan payments will qualify them for loan forgiveness in the future as well as how many payments they have left to make – information that is not currently available.

Public Service Loan Forgiveness was established through the bipartisan College Cost Reduction and Access Act of 2007, and applies to careers such as active-duty military officers and veterans, public



school teachers, law enforcement officials, firefighters, and many nonprofit employees. Borrowers must make 120 monthly payments on their eligible federal student loans after Oct. 1, 2007, before they qualify for the loan forgiveness.

More details about the Public Service Loan Forgiveness program, including a detailed Q&A and copy of the form, can be found at: [www.studentaid.ed.gov/publicservice](http://www.studentaid.ed.gov/publicservice).

The University of Nebraska-Lincoln (UNL) College of Education and Human Sciences and its consortium partners Little Priest Tribal College and the Nebraska Department of Education have been awarded a four-year grant from the U.S. Department of Education, Office of Indian Education. The Indigenous Roots Teacher Education Program (ROOTS) prepares American Indian students interested in working with children or in education settings, opportunities to become certified elementary education and bilingual teachers employed in Nebraska's reservation schools. The 2011 program proposes to certify and graduate up to 20 new UNL students.



UNIVERSITY OF NEBRASKA-LINCOLN  
**INDIGENOUS ROOTS TEACHER EDUCATION PROGRAM**  
[HTTP://CEHS.UNL.EDU/ROOTS/](http://cehs.unl.edu/roots/)

teachers certified in Elementary Education (K-8) and ESL (K-12). Ten students will be selected to participate in the 2011 ROOTS Undergraduate Program.

2011 ROOTS Graduate Program. In addition, the program will offer ten graduate students (currently teaching full-time in K-12 settings) with the opportunity to earn additional certification and/or Masters degrees in Special Education and/or ESL training

ROOTS is a four-year program that will recruit and train a cohort of American Indian undergraduate or post-bac students living in or near Santee, Winnebago, Walthill, and Macy communities in Northeastern Nebraska to become





Eagle Books now has a toolkit available with ideas, downloads and how-to instructions for hold community health fairs, school assemblies or a wellness event. Visit them at <http://www.cdc.gov/diabetes/pubs/eagle/index.html>.



Summer Seminars  
19th Annual Reclaiming Youth Seminars  
Rushmore Plaza Holiday Inn,  
Rapid City, South Dakota  
June 18 - 26, 2012

<http://www.reclaiming.com/content/node/89>

## **Nebraska Humanities Council events:**

**One Book, One Nebraska** author Joe Starita has been added to the Speaker's Bureau. He will be traveling the state to discuss his book "I am a Man." On April 1<sup>st</sup> as part of the Crane Festival in Kearney he will be speaking at 3:00 p.m. at the Great Platte River Road Archway. Check with the Humanities Council about how you can bring Joe and other Speaker's Bureau speakers to your school or classroom.

**"Free Land" Chautauqua comes to Beatrice in 2012"** <http://nebraskachautauqua.org/>

Check out the NHC website and the Homestead Monument website to see a complete list of details about this exciting event that will kick off a year of events celebrating the 150<sup>th</sup> Anniversary of the Signing of the Homestead Act.

**Prime Time program returns to Scottsbluff library** <http://www.nebraskahumanities.org/programs/prime.html>

Don't forget about the wide variety of Travel Kits and Trunks available for use in your classrooms from NHC! <http://www.nebraskahumanities.org/speakers/trunks.html>

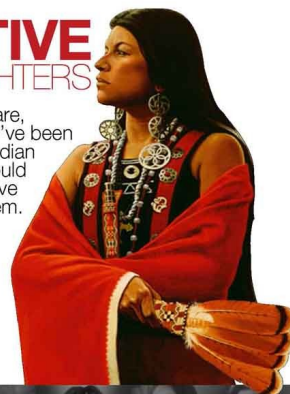
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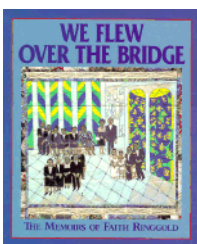
<http://www.educaton.ne.gov/mce>

CURRICULUM COMPANION

## **NATIVE DAUGHTERS**

Who they are,  
where they've been  
and why Indian  
Country could  
never survive  
without them.



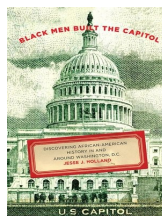


In **"We Flew over the Bridge: The Memoirs of Faith Ringgold,"** one of the

country's preeminent African

American artists--and award-winning

children's book authors--shares the fascinating story of her life. Faith Ringgold's artworks--startling "story quilts," politically charged paintings, and more--hang in the Studio Museum in Harlem, the Metropolitan Museum of Art, the Guggenheim Museum, the Museum of Modern Art, and other major museums around the world, as well as in the private collections of Maya Angelou, Bill Cosby, and Oprah Winfrey. Her children's books, including the Caldecott Honor Book "Tar Beach," have sold hundreds of thousands of copies. But Ringgold's path to success has not been easy. In this gorgeously illustrated memoir, she looks back and shares the story of her struggles, growth, and triumphs. Ringgold recounts how she had to surmount a wall of prejudices as she worked to refine her artistic vision and raise a family. At the same time, the story she tells is one of warm family memories and sustaining friendships, community involvement, and hope for the future.



**Black Men Built the Capitol: Discovering African-American History In and Around Washington** by Jesse J.

Holland. Historic sites along the Mall, such as the U.S. Capitol building, the White House and the Lincoln Memorial, are explored from an entirely new perspective in this book, with never-before-told stories and statistics about the role of blacks in their creation. This is an iconoclastic guide to Washington, D.C., in that it shines a light on the African Americans who have not traditionally been properly credited for actually building important landmarks in the city. New research by a top Washington journalist brings this information together in a powerful retelling of an important part of our country's history.



**Save the Date**



June 7-8, 2012  
Lexington Middle School

**Pathways Within Roads to Reading**

The Pathways Within Roads to Reading Initiative donates books to literacy programs in small and rural low-income communities. Maximum Award: 200 books appropriate for readers age 0 to young adult; English only. Eligibility: 501(c)(3) organizations that run school, after-school, summer, community, day-care, and library reading and literacy programs; must have an annual operating budget of less than \$95,000 (schools and libraries are exempt from this budget requirement) and be located in an underserved community with a population of less than 50,000.

*Deadline: March 30, 2012*

*Forms: [http://www.pwirtr.org/annual\\_donation\\_prog.html](http://www.pwirtr.org/annual_donation_prog.html)*



NEBRASKA DEPARTMENT OF EDUCATION



**UNMC SEPA Teacher workshop**—June 10-14; theme “Taking Science Outside”; Registration opens April 23<sup>rd</sup>

## From the Nebraska Department of Education

### **Early Childhood Special Education Conference**

“Results Matter Family Outcomes Retreat”

February 22-23, Kearney

<http://www.education.ne.gov/sped/index/2012ResultsMatterInst.pdf>

### **Parents Encouraging Parents Conference**

March 15-17, Grand Island

[http://www.education.ne.gov/sped/parentinfo/2012\\_PEP\\_brochure.pdf](http://www.education.ne.gov/sped/parentinfo/2012_PEP_brochure.pdf)

### **Bridges Out of Poverty: Strategies Working with Family of Young Children Living in Poverty**

March 21-22, LaVista

Presenter: Jodi Pffar

<http://edn.ne.gov/registration/registration2.php>



### **6th Annual Nebraska Brain Injury Conference**



March 29-30, Kearney

Discuss therapeutic strategies and resources available to assist individuals with traumatic brain injury and their families.

Brochure available at [www.braininjury.ne.gov](http://www.braininjury.ne.gov)

### **NCE Conference**

Special development conference for Nebraska’s teachers, administrators, counselors and education advocates.

June 5-7, Kearney

<http://www.nceconference.com/>

### **Science KICKS2**

Keep Improving Content Knowledge and Skills 2

Summer of 2012 Sites

Grand Island, Lincoln, Norfolk, McCook, Henry Doorly Zoo, Nebraska City

<http://athena.esu16.org/~esu16science/Science/KICKS2.html>

### **What is CSI: Coaching Science Inquiry in Rural Schools?**

<http://r2ed.unl.edu/CSI/>



Educational programs each Tuesday evening.  
Check your local listings for subject matter and times.  
<http://www.pbs.org/>

**AMERICAN EXPERIENCE** PBS  
PBS.ORG/AMERICANEXPERIENCE

TUESDAY NIGHTS ON PBS

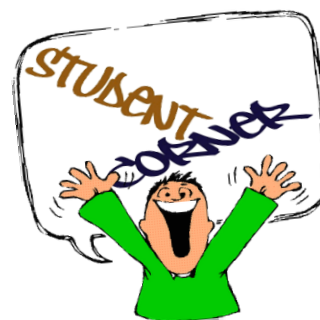


**Dancers of the Plains**—Kearney @ Great Platte River Road Archway; June 15 & 16; Education Day June 15; Culture Shock Youth Concert Fri, June 15—7 p.m.



### UNMC SEPA Youth Summer Camp

June 3-6; Registration opens April 23<sup>rd</sup>



### CHIEF STANDING BEAR ESSAY CONTEST and SCHOLARSHIP

Sponsored by the Nebraska Commission on Indian Affairs

#### Essay Contest for Grades 4-5

**Deadline April 1**

The purpose of the essay contest is to generate awareness in our youth and community of the many accomplishments of the Ponca Chief Standing Bear. Each of the four winners will receive a \$50 McDonald's Arch Card, a framed copy of their winning essay, and will have the opportunity to read their essay at the 2012 Chief Standing Bear Breakfast in Omaha, Nebraska on May 12th, 2012. McDonald's will publish all essay winners on tray liners to be distributed in Nebraska restaurants.

<http://www.indianaffairs.state.ne.us/storage/Essay%20Contest%202012.pdf>

#### Scholarship

**Deadline March 15**

Each year, the Chief Standing Bear Scholarship fund awards two applicants with \$1,000 each to use at any two or four year university. Applicants must be an enrolled member of any tribe and live in Nebraska. Applicants can be high school seniors or current college students. For 2012, it is possible the scholarship will be made available to more applicants or will be increased in value. <http://www.indianaffairs.state.ne.us/storage/CSB%20Scholarship.pdf>



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